

Bike Maintenance Checklist

Event sponsor Roll Cycles, located at 93 Harrington Street Hobart & 112 Cimitiere Street Launceston and Derrico Cycles, 156 William Street, Devonport have provided the following checklist to help ensure that bikes are in safe working order prior to the Schools Triathlon Challenge.

Brakes

- Brakes must be adjusted to an extent that operating the brake lever will produce sufficient power to stop the bicycle.
- Cables must not have any visible signs of fraying. Cable ends should be fitted.
- Brake pads must be in a suitable condition to stop the bicycle.
- All securing bolts and nuts must be present and correctly secured.
- All bicycles must have an operating front and rear brake.

Handlebars

- All securing hardware must be present and in tight and sound condition.
- Handlebar plugs must be fitted to the end of bars (no open unprotected bars).
- There must be no visible signs of damage to either handlebar or head stem.

Frames

- There must be no visible signs of structural damage to the main frame and front forks of the bicycle.

Helmets

- All participants must wear an Australian approved BICYCLE helmet.
- Helmet must be in sound useable condition.
- Straps must have working buckle.
- Shell must have no sign of structural damage.

Tyres

- Tyres should have sufficient tread to ensure safe handling and cornering in all conditions.
- Tyres should be inflated to recommended PSI (Recommended PSI can be found on the tyre wall).
- Please ensure tyres are correctly fitted and inflated correctly before race day.

NOTE: Other maintenance, such as gear adjustments, truing buckled wheels etc can also be completed to help with the performance of your bike.

If you have any queries regarding the above checklist, or your bike's safety, set up or maintenance, please feel free to drop into or call Roll Cycles (Hobart 03 62139640 & Launceston 03 63252940) and Derrico Cycles (Devonport 03 64243121)) Staff will be happy to talk to you and get your bike running safely and smoothly.

Please ensure your bike is serviced and in a good working order and the tyres are inflated before you turn up to complete the Schools Triathlon Challenge.